Settle in Session

**Peter Chalk Centre, Streatham Campus, University of Exeter**Thursday 8th September 2022

|  |  |  |
| --- | --- | --- |
| **Timetable of events**  Please note, there will be breaks for refreshments and opportunities for meeting each other throughout the day. | | |
| **9.00 am** | **Arrival and registration (**Peter Chalk Centre) | |
| **9.30 am** | **Welcome and Introductions** | |
| **9.40 am** | **Freshers Week: What to expect?** | |
| **10.10 am** | **Workshops**  (Seminar rooms) | 1. **Managing Your Money – A budgeting workshop** 2. **Library Workshop** 3. **Employability and Careers** 4. **Adjusting to University Life** 5. **Academic Skills** |
| **10.55 am** | **Break** | |
| **11.20 pm** | **Workshops** | **As for First Session** |
| **12.10 pm** | **Overview of Support Services** | * **Wellbeing** * **Personal Tutors** * **Students Guild Advice Service** * **Study Zone** * **Exeter Student Ambassadors Scheme** |
| **12.40 pm** | **Lunch**  **For general enquiries regarding starting your studies, the Student Information Desk (SID) will have a stand in reception.**  **Peer mentoring – Find out more information about the peer mentoring opportunities.** | |
| **1.30 pm** | **Q&A Panel** | |
| **2.00 pm** | **Academic Inductions** | **Meet Academic representatives from your area of study** |
| **3.30 pm** | **Personal Reflection** | |
| **4.00 pm** | **Closing Remarks** | |



**Workshop Summaries**

1. **Managing Your Money – A budgeting workshop**

Taking the fear and worry about managing your student finances and covering your bills by preparing students with a practical and useful workshop. Using specific student case studies, we will work through examples to show how to budget which will give you a strong basis to create your own budget for university.

We have lots of tips and resources to share during the workshop and further information that we will email to participants after attending.

Having attended the workshop students are then able to ask for a follow up session at any point with an Advisor to work on their own budget.

1. **Library Workshop**

Information resources for academic success (Library workshop) This workshop will introduce you to the different types of information resources available at university, encourage you to think critically about resources for your academic studies and will provide tips on finding good quality information through the library for your research.

1. **Employability and Careers**

The Career Zone is here to help you make the most of the employability opportunities available to you whilst you study at University and after you graduate.

You may be unsure of your future plans, have a few ideas or even a clear idea of what to do after your degree. In this session you’ll have the chance to explore, ask questions, and see how to:

- navigate the online careers resources which include planning and how to guides….

- access our Equality, Diversity and Inclusion resources including information and support on disclosing a disability

- explore job vacancies and internships (including part time and casual opportunities) through Handshake

- book a 1to1 careers appointment

- book onto professional development and career management workshops

- access information on Further study and international opportunities

- discuss with employers what they are looking for and the opportunities they offer

- explore the range of employability Schemes available including Create Your Future, the Exeter Award, Career Mentor Scheme, Ask an Alum, Professional Pathways and many more!

1. **Adjusting to University Life**

Coming to university is likely to bring a number of changes to your life. It’s an exciting time, but you may face challenges such as balancing the demands of studying with other commitments, building new friendships, living away from loved ones and managing finances. This session will help you to think about some of the new experiences you will have and help you find ways to make the most of your first few weeks. Session will be delivery by a member of our wellbeing team, Kathy O’Conner

1. **Academic Study Skills**

From taking notes in lectures to writing an essay, from accessing ELE to revising for an exam, independent academic study can feel daunting. However, there is study skills support available throughout your time at university.

In this session, Emma Norman (Study Zone Coordinator) will discuss:

* the academic skills support available through Study Zone.
* the online study resources available on Study Zone Digital.
* other academic skills support available at the University.

Please note that this session is an introduction to the study skills support available throughout your studies. For information on specific study skills, you can register and attend Study Zone’s enhanced induction sessions from Monday 12th September to Friday 16th September.